



Monte Vista Presbyterian Preschool

NOVEMBER 2016

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Developing a joyful curiosity... joyfully discovering God.

MVPPRESCHOOL.ORG

NUTRITION SCHEDULE & CRITERIA:

FOR DRINKS—WE CHOOSE TO SERVE WATER WITH OUR SNACKS; 4 OZ. 100% JUICE, OR 1% HORMONE FREE MILK ARE SERVED WITH SOME SNACKS AS A FOOD GROUP.

NUTRITION CONSISTS OF 1 SERVING FROM 2 OF THE FOLLOWING FOOD GROUPS:

SEASONAL FRESH FRUITS AND VEGETABLES ARE A PRIORITY. ALL FRUIT AND VEGETABLE PORTIONS ARE 1/2 C. SIZED PORTIONS.

BREAD OR BREAD ALTERNATIVES ARE 1/2 SLICE OR 1/4 C. PORTIONS.

PROTEIN—1/2 OZ. PORTIONS FOR MEAT OR CHEESE. EGGS—1/2 EGG
YOGURT 1/4 C.

In order to protect all of our children: Please do NOT bring in outside food for snacks, birthdays, or special person events. Please do NOT bring in candy for holidays or special treats.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|---|---|---|
| | | 1 Refried Beans Tortilla Chips | 2 Vanilla Yogurt Bananas | 3 Pasta w/ Butter & Parmesan | 4 String Cheese Crackers | 5 |
| 6 | 7 Graham Crackers Milk | 8 English Muffins w/butter & jam | 9 Pasta w/ Butter & Parmesan | 10 Popcorn Cranberries Raisins | 11 <u>Veteran's Day</u> NO SCHOOL | 12 |
| 13 | 14 Gold Fish Fruit | 15 Pretzels Apples | 16 Soup Oyster Crackers | 17 Cereal Milk | 18 Veggies Ranch Dip <u>Last Day of Lunch Bunch</u> | 19 |
| 20 <u>Thanksgiving Feast Menu: Turkey Slices Tater Tots String Cheese</u> | 21 Thanksgiving Feast | 22 Thanksgiving Feast | 23 THANKSGIV- ING HOLIDAY | 24 THANKSGIV- ING HOLIDAY | 25 THANKSGIV- ING HOLIDAY | 26 No Lunch Bunch this week. No classes. ← |
| 27 <u>Carrots & Cukes Ranch Dip Pumpkin Bread</u> | 28 Popcorn Cranberries Raisins Christmas Lunch Bunch Starts! | 29 Whole Wheat Pita w/ Yogurt Cheese | 30 Refried Beans Tortilla Chips | | | |